AT THE TABLE.

A LITTLE ADVICE TO THE OMNIVOR-OUS HUMAN BIPED.

Dyspepsis an Affair of the Mouth Rather Than the Stomach-Some Plain Talk-A Few Rules of

Caution.

[J. M. Granville, M. D., in Youth's Companion.] The great and grievous prevalence of dyspessia among Americans is beyond question in part due to their outrageously unphysiological custom of sipping cold water, and above all, iced water, before and during meals. The cold water cracks the enamel of the teath and assert the cold water cracks the enamel of the teeth and causes them to decay. American dentists excel all other dentalsurgeons in building up solid structures of gold to replace the teeth, but that is because the American people outrun all other people in the celerity with which they destroy their natural teeth, and it is the cold, or iced, water that does it.

MASTICATION.

The mouth prepares the food for the process of digestion, and that function really commences with the taking of the victuals between the lips and teeth. The stomach is, practically, a warm chamber, into which the food is received after it has been masticated and mixed with the secretion from the salivary glands, and if the food is not cut up small enough to be readily dissolved, or it has not been sufficiently mixed with an adequate quantity of the fluid which the glands of the mouth secrete, it will decompose instead of being digested, with the result of pains, flatulency and dyspepsia.

As soon as the food is taken between the lips, the task of preparation begins. The morsel is examined, so to say, by tongue MASTICATION.

lips, the task of preparation begins. The morsel is examined, so to say, by tongue and toeth as to its nature and properties. If the sense of tasts be acute and natural, that is not blunted by the thickening or deadening effects of chronic inflammation, such as may be set up either by neglect of the teeth and the presence of tartar at their backs, by the habitual use of irritating condiments, or the abuse of lozenges and jujubes taken "for the throat"—a most pernicious practice—or by too much smoking, or the use of undiluted spirits, the presence of anything not fit for food will be readily detected.

CHILDREN'S EATING. Children possess this faculty of self-protection by taste in a high degree, and those who live the simplest lives retain it the longest. For the sake of health we ought to be careful to preserve the function of taste as long as possible, and in an unsophisticated state. To this end very hot or very cold, state. To this end very hot or very cold, very acrid or very sweet, things ought to be avoided, and a habit should be formed and maintained of making nice discriminations of taste as to what we eat and drink. This will have the double effect of developing taste and of preventing the hasty swallowing of food, than which no fault of habit is more mischievous.

Counsellor at

It is the fashion to say, "Children bolt their food," but as a matter of fact they do not do so until they have been corrupted by bad example of their elders, or until the habit has been induced by loose discipline in the conduct of meals. In the nursery, and in the living-room of adult life, meals ought never to be short, and on no account hurried. Children should not be allowed to swallow their food in haste to get to play, and men and women should never hasten through a meal to return to business or enter upon pleasure. Health—without which life is a burden, and certainly not worth living—requires that the omnivorous human biped should cut his food with his front teeth, cruth it with his middle teeth, and grind it with his back teeth, and to do this he must eat in a leisurely manner, and even with some thought of what he is doing.

AN IMPORTANT MATTER. The mouth process includes the admixture of the saliva with the food, and this is a matter of very high importance. There can be no doubt that the fluid secreted by the glands situated around the mouth is, in the human subject at least, designed to aid the process of digestion. Besides merely moistening the food in the mouth it helps to convert the starth and polatical and the convert the starth and the convert the starth and polatical and the convert the starth and the convert the convert the convert the convert the starth and the convert convert the starch—and potatoes and rice are wholly starch, and most other vegetables to a great extent "starchy"—into sugar.

With a view to enable this process to be properly performed, the food should be allowed to remain in the mouth until it has become thoroughly incorporated with the fluid which that cavity contains during food taking. And hore I must take heart to speak very plainly on the subject of this unphysiological waste of the saliva which is caused by frequent smoking. Men who carry a cigar or cigarette in the mouth between meals and indulge in sputation must suffer from indigestion. They are not only throwing away one of the tributer. not only throwing away one of the tributary fluids of the process, but they are so debili-tating the salivary glands that the secretion they pour out is itself impoverished or per-verted.

Without making any pretense of setting out the physiology of digestion, it is thus easy to make plain, and recognize, the fact that dyspepsia is—and must be—an affair of the mouth rather than the stomach. The role the mouth plays in the performance of alimentation is the initial one, and upon the manner in which it is achieved depends what comes afterwards.

RULES OF CAUTION. The question I have now to ask is, does the reader believe what I am trying to tell him! If he does, it only remains to say, "Look to your teeth," "Slowly masticate your food, first cutting it with the front teeth, then crushing it with the jaw, and lastly grinding it with the large, rough, back teeth," and further, "See that you do not depreciate the quality or by waste diminish the quantity, of the saliva."

These are not difficult rules of caution to

observe. Yet I am very certain that if they were accepted and acted upon, dyspepsia would be a rare disease. In any case let the young especially lay to heart the lesson that I have tried to teach, and so much a lvantage to health will accrue that the stomachs of the next generation will find it far less difficult than

ours do to discharge their daily duty. A Chimney-Sweep Detective.

[Exchange.] [Exchange.]

A London chemist was the inventor of citric acid, and, having his own prices as long as the way of making the acid was secret, realized a large fortune. This chemist trusted nobody, but worked entirely alone. He thought his secret was safe; a rival got into his sanctum however, disguised as a chimney-sweep, and when the chimney was swept knew how to make citric acid, and thus a monopoly was ended.

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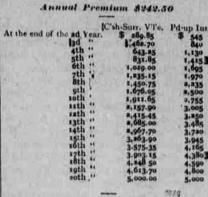
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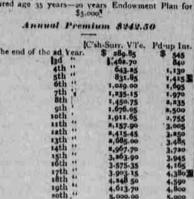
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